



Lowell Lima Charlie

Issue 40 July- September 2023

New at the Vet Center

New Group

Starting in July, Elisabeth Parrott will be hosting a new book group on Thursdays, 1300-1400 in-person and virtually. We will be reading "Inside of a Dog: What Dogs See, Smell and Know" by Alexandra Horowitz. If you are interested please call the Vet Center and speak with Elisabeth at 978-453-1151.

New Workshop

Starting in September the Vet Center will be hosting Mental Health First Aid (MHFA) Workshops. MHFA is skills-based training that teaches how to identify, understand and respond to signs and symptoms of a mental health or substance use challenges using a 5-step Action Plan. MHFA is a program of the [National Council for Mental Wellbeing](#). These workshops are open to Veterans, service members, and their families. Also available are MHFA workshop specific for Police Officers and Firefighters/EMS.

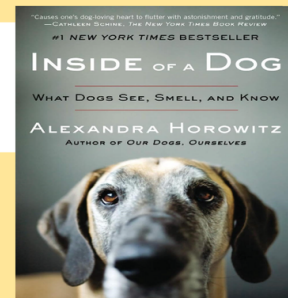
For more information [visit Mental Health First Aid](#)

If you are interested in attending a workshop or would like to organize a group workshop, contact Tiffany Lever at the Vet Center.

Please join the Lowell Vet Center as we read reading *Inside of a Dog: What Dogs See, Smell, and Know* by Alexandra Horowitz



The #1 New York Times bestselling book from the author of *The Year of the Puppy* that asks what dogs know and how they think. The answers will surprise and delight you as Alexandra Horowitz, a cognitive scientist, explains how dogs perceive their daily worlds, each other, and that other quirky animal, the human.



Meeting Details
Thursdays, 1-2PM
Start date TBD
Lowell Vet Center
Attend in Person
OR by Video!

Veterans must complete a Vet Center intake prior to attending. See reverse for FAQs about LVC Community Reading Groups

Interested? Contact Elisabeth Parrott at 978-453-1151



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

Get trained in Mental Health First Aid for Military, Veterans, and their families

Call Tiffany Lever at 978-453-1151
to sign up for a workshop today!

Foster a culture of support and promote, healing, resilience
and hope for those who serve.



Welcome, Eli Spector

A new counselor has joined the Lowell Vet Center team. Eli Spector joined us from the Bedford VA Medical Center. He is a psychologist and earned his doctorate from William James College in 2013. Eli completed the US Army clinical psychology predoctoral internship and postdoctoral residency programs at Walter Reed National Military Medical Center. He is currently serving as a Behavioral health Officer in the Massachusetts Army National Guard. Prior to serving in the Guard, he served on active duty in the Army. He served 2002 to 2006 with the 3rd Infantry Division as a platoon leader and force protection officer, deploying to Iraq in 2005. In 2012, he rejoined in the Army, serving with the 82nd Airborne Division 2015 to 2017. Eli comes to us with his own military experience but detailed experience working with Veterans and service members. Eli enjoys spending time with his family, reading, and vacationing on New England beaches. Eli is excited to join the Lowell Vet Center team and continuing his opportunity to work with Veterans.

Connection. Camaraderie. Community.

Did You Know?

Off-Base Transition Training (OBTT)

OBTT is a pilot program implemented by the Department of Labor Veterans' Employment and Training Services (DOL VETS). OBTT is an opportunity earned through service for Veterans, Veterans currently serving in the National Guard and Reserve, and their spouses to take control of their career through workshops to help meet their employment goals.

If you're looking for inspiration and assistance to guide you in your employment search, OBTT workshops are the perfect place to start. With a community of your Veteran and spouse peers, OBTT workshops will provide the information you need to make informed decisions and plan for your career goals. OBTT offers 10 workshops both in-person and virtually to best fit your schedule and individual employment goals.

The Lowell Vet Center will host OBTT workshops once a month. The next workshops will be on Thursday, July 13th.

Your Next Move 1000-1200

Employment Rights 1300-1500

To register or for more information visit:

<https://www.signupgenius.com/go/boston-multi-signup#/>

OBTT

OFF-BASE TRANSITION TRAINING

Build your Brand.
Refine your Resume.
Craft your Career.

Upcoming Events

July

MASSHire Grand Reopening & PACT Act Info session

Wednesday, July 12th @ 0930-1200,
North Shore Career Center, 70 Washington St., Salem, MA

OBTT Workshops - Your Next Move & Employment Rights

Thursday, July 13th @ 1000-1200 & 1300-1500
Lowell Vet Center, 10 George Street, Lowell, MA

Family Movie Night & Military Service Day

Friday, July 14th @ 1830-2130 & Saturday, 15th @ 1000-1600
Patton Homestead, 650 Asbury St., Hamilton, MA

VA Bedford Resource Fair & Golf Open

Monday, July 17th @ 1200-1500
Bedford VAMC, 200 Springs Rd, Bedford, MA

Mindy's Mission Annual Military Appreciation Pig Roast

Saturday, July 29th @ 1300-1700
Chelmsford Elks, 300 Littleton Rd, Chelmsford, MA

August

Yankee Doodle Veterans Luncheon

Tuesday, August 1st @ 1200
Hope Community Church, 11 Hale St, Newburyport, MA

Devens Days

Saturday, August 19th @ 1600-2200
Rogers Field, 37 Buena Vista St., Devens, MA

16th Annual MA Elks Veterans Motorcycle Ride

Sunday, August 27th, 0930-1600
Billerica Elks Lodge, 14 Webb Brook Rd, Billerica, MA

Farewell, LaShanta

We want to take a moment to say thank you and goodbye to LaShanta Petroski-Ackley, a social worker who was a member of the Lowell team for 8 years. This June LaShanta moved to a new role in suicide prevention at the Manchester VA Medical Center.



VA Benefits and Program Briefs

If you are interested in learning about VA benefits or programs call the Vet Center and speak with Tiffany Lever, our outreach specialist. We can schedule a briefing for Veterans, service members, and their families to learn more. Give us a call, 978-453-1151, we are here to help!

Lowell
VET★**CENTER**
EST. 1979

10 George Street, Lowell, MA 01852

Phone: 978-453-1152

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